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Sacramento Gender Association

Volume 1 Issue 21 November 1995

Presidents Corner by Ava

This been an interesting October. We had a few new people show up for our first meeting of the month and the second meeting on the 28th at Joseph's was attended by quite a few new faces. The transgendered group at Joseph's that night was a large part of the bar and restaurant clientele. Also on the Saturday nights between meetings there has also been a lot of the girls showing up at Joseph's.

Because of some problems I won't go into, outside activities like our photo shoots will be open from now on to member and their significant other only. Also, discounts at Fluffys will be offered only if the clerks there know for a fact that you are a member or you show your SGA membership card. So if you go to Fluffy's to shop it would be wise to carry your current membership with you.

The first meeting in November we may be having a special guest at the meeting so look through the newsletter for that announcement. Also that night I am expecting some people from Reno that are trying to get a group started up there. I have been talking to a few people up there. The woman that is trying to help the group get started, Leona from the business "Hidden Woman" in Reno called on the 28th of October saying that her and one of the people trying to start the group would try to make our first meeting in November at the Tea Cup.

Have fun and try to make the meetings.

ICTLEP REPORT GENDER LOBBY DAYS

On Sunday, 01 October 1995, transgendered people began to arrive. Most of the estimates were 30 to 45 maximum: I was predicting 75 to 85. Some had come on Saturday: many had come directly from Southern Comfort which graciously served as a springboard: others simply came. Many flew while some drove and a few came by Amtrak. One brave soul road a bus for 2-1/2 days from Wyoming. Four flew in from Hawaii. One observer flew in from Belgium.

The hotel was glad to have us and gave us very good service and treatment. The prices were also great as ICTLEP negotiated a price in the mid 50 to mid 60 dollar range per night with no limit on occupancy. Riki Wilchins, IFGE and others had several rooms available for those who simply could not afford to come otherwise. In all we had several folks who were willing to share rooms and cost, and we had others who were willing to take someone in without reimbursement. We were a generous group.

Listings are always a problem because someone gets left out. Even so, besides the Menace and ICTLEP, the following organizations were represented -- It's Time America (ITA), IFGE, FTM International, AEGIS, Renaissance, The American Boyz, the Outreach Institute and Tri-Ess. (Please do not hit me if I left you out.)

Riki began the meeting with the usual necessary remarks and then retraced how we were at peace with HRCF (Human Rights Campaign Fund). She had invited representatives from the NGLTF (National Gay and Lesbian Task Force) and HRCF. These people gave interesting insights as to what was going to happen on Monday and Tuesday and wished us well.

Next came the handout to be taken to each member of congress -- all 435 Representatives and 100 Senators. This handout contained a scorecard which will in the coming months be processed by another volunteer to give us information for the future. Also was information about who we were (by Feinberg, Minnesota statute and San Francisco ordinance); about violence against tg (including the early Boyz survey); about ENDA; about health care for tg; about military service and tg stereotypes

(Continued on page 3)

GUEST SPEAKER

Dr. Rebecca Auge, Ph.D. a licensed Clinical Psychologist will be attending our November 11, 1995, Dinner Meeting at the Tea Cup Cafe, located at 1614 21st Street, starting at 7:00 PM.

Dr. Auge has agreed to participate in a informal round table discussion on Gender Issues and Life Transitions and other subjects related to the CD/TS community. Dr. Auge, with an office in the Bay Area at 3637 Grand Avenue, Oakland specializes in Gender Issues.

This special guest has taken time from her busy schedule and is willing to travel the 80 miles into Sacramento upon the request of Linda Lee, SGA Board Member (Sissy Chapter). Please show Dr. Auge our appreciation by attending this function.

Library
Lambda Community Center
Sacramento, CA

Sacramento Gender Association
Blue Rose Chapter
PO Box 215456
Sacramento, California 95821-1456
Phone (916) 482-7742

The Sacramento Gender Association (SGA) is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gender challenged community , their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

BOARD MEMBERS

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Business Cards and other small (business card size) advertisements are provided at NO CHARGE for a three issue period to professionals and business' providing services, support, seminars, or talks. Please patronize these business'

The S.G.A. Newsletter is published monthly the first week of each month.. Submissions should arrive at SGA by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of SGA. Other organizations may reprint or reproduce uncopyrighted portions of the newsletter for their members provided SGA is acknowledged. Copyrighted material may be reproduced with written permission of the writer or author.

Please submit all articles 8.5 x 11 paper, typewritten with 10-14 point type, or WORD 2.0, WordPerfect, or ASCII Text on 3.5/5.25 disk

MEMBERS ONLY

In the past the SGA has allowed NON-MEMBERS to attend any and all functions of the Association.

Unfortunately due to a few "outsiders" who have attended our function we have been requested by our sponsors and vendors to limit non-member participation.

These sponsors and vendors have enjoyed an excellent relationship with the membership a wish to continue to do so as they have found over the years members to be considerate and honest in their business dealings.

In the last few months, non-members have been frequenting our vendors representing themselves as members of the SGA. These individuals have been writing "bad checks" and not respecting the conditions that have allowed the SGA to establish itself as a respectable group of "ladies."

Effective immediately all sponsors and vendors will be asking to see SGA membership cards before providing any service or discount. Without your current SGA membership card you may be refused services.

The By-Laws allow a non-member to attend one meeting without having to commit to membership. Non-members returning for a second meeting will be asked to join and if refused will be asked to leave or not to join in the activities. At certain functions non-member participation will be permitted.

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TONI CLARK		EPHEMERAE	

Dear SGA Friends;

What can I say? It sure has been a whirlwind month for me. Just last month I ventured out of the closet for the first time. It all started with just a simple call to the SGA and then attending my first dinner meeting. The friends that were formed that first night are now very special and dear to me. You have all helped a timid first time cross dresser to blossom into a very gregarious, fun loving, life experiencing, person with an unbounded (wishful thinking) wardrobe. Now as all beautiful things must change with time, I too must change and leave your fair city. Thank you, thank you, thank you all, for sharing with me your helpful hints, clothes, wigs, and most of all your love and understanding. I will truly miss each and every one of you. Your open association with each other made my entrance into your community very easy. I know it may be hard to visualize me as a quite reserved, conservative, non socializing person but up until the time Lisa loaned me her wig and helped me with putting on my first make-up, that is the person I was. Once the wig went on and the lips became Hot Cherry Red there has been little to hold me back. Since six weeks ago there is little left that I feel left undone. I have dressed, and dressed, and dressed, and had a ball doing it with some very special people. There has been the Movies, the Theater, Dinner out at fine restaurants, quick bites at Jack in the Box's, Walks along the River, trips to the Zoo and Nature areas, and of course Shopping, Shopping, and more Shopping. There has also been trips to the Library, Supper market, Bank, Pool hall, Nudist camp, Gas stations, Church and New friends homes. The 'Tea Cup', 'Faces', 'Joseph's', 'Target', 'K-mart', and the bowling alley. The list goes on and on. Each one building strength upon all the previous outings.

Yes, the neighbors also know. It seems that on my 3rd or 4th time out I was not very concerned with who saw me, and sure enough, just as I stepped out and locked my apt. door, my neighbors, all 6 of them started up the stairs. - OOPS - CAUGHT -, What to do !!, Who knows what's right? Not me.. I just lifted my chin high, stuck out my tits and clicked my high heals on the stairs and headed down. They all laughed and made some silly comments about my wife's dress. My reply, -Sorry guys it's mine and I'm late for a party, I will see you later.. It must have worked because they still talk to me. Then again may be it's the Banana Nut bread I make for them earlier in the week that made a bigger impression on them than the clothes I wear. They still all want to know when I'll be baking again. Gee it's nice to be desired for something other than my, good looks and pretty clothes, "ha ha". Once I realized that people really don't care about what I wear, as long as I am not perceived as a threat, they just don't have any lasting thoughts, good or bad, about what I wear. Their universe revolves around them, not my wardrobe. I also realized that there was a happy little boy inside of me that likes to make friends, to dress up, and to play and have fun. Meeting new people and having them become friends almost immediately, doing things with these new friends, finding out their feelings and fears, sharing with an open heart. Is this what cross dressing is all about? Shedding the daily uniforms and masks of life, putting away the cares of the day opening up the personality to help and befriend another person? - I like it ! I like it ! It has been fun and I have learned a lot. I hope I have shared equally in return.

In closing I must sadly say Good-by to SGA. It is with a very heavy heart that I must leave. Unfortunately my job in Sacramento has ended and I must now return to Southern California. You have made me very happy by accepting me so readily. I have made more friends, that are closer to me, in the last six weeks than I have made in the last six years prior. The SGA experience is great. Great because each of the members are great, all in their own way. Keep up the good work and keep accepting new friends, members and significant others the way you have accepted me. It has been fun and wonderful.

God Bless

D'Lover

(Continued from page 1)

in general; about imprisonment with the ICTLEP "Policy for the Imprisoned, Transgendered"; the ICTLEP International Bill of Gender Rights; a handout produced by JoAnn Roberts for distribution at the upcoming National Association of Social Workers Convention; and about the various tg community contacts with phone numbers and e-mails.

We had representatives from 35 states. The surprize was that Pennsylvania had the highest number of folks with sixteen (split 1/2 and 1/2 by the west and the east). Many states had only one or two, but that was sufficient. The Iowa person told me that she was sent by a group fundraiser, and that when she discovered that neighboring Nebraska was without someone, another fundraiser was held to send a corn husker.

Monday morning at 7:15 AM was a sight. A steady stream of tg's began the long three block walk to the Metro. It looked like a Sunday School group with all the business suits and conservative dresses and slacks with sport coats and ties streaming down the road. (Some had not gotten the word about comfortable walking shoes, but they changed into same shortly thereafter.) We all arrived near the south steps of the Capitol. This was when it became apparant that that our numbers exceeded 100: there were some who were not staying at the hotel and several spouses and teenaged children also showed.

Riki had prearranged for media, but I was worried about the Capitol Police. So I approached them and said we had a church group in town and

(Continued on page 6)

PLACES TO DINE

"JOSEPH'S TOWN & COUNTRY"
3514 MARCONI AVE (8)
483-1220
FRI & SAT 5:00 - 10:00
SUNDAY BRUNCH 10:20 AM - 2:30 PM

"TEA CUP CAFE"
1614 21st STREET (4)
448-6212
DAILY TILL 9:00 PM

"HAMBURGER MARY'S"
1630 "J" STREET (7)
441-4340
DAILY 10:00 AM TO 10:00 PM

"THE TOWNHOUSE"
1517 21st STREET (3)
441-5122
FRIDAY & SATURDAY 5:00 to 7:00

"THE CORNERSTONE"
2330 "J" STREET (6)
441-0948

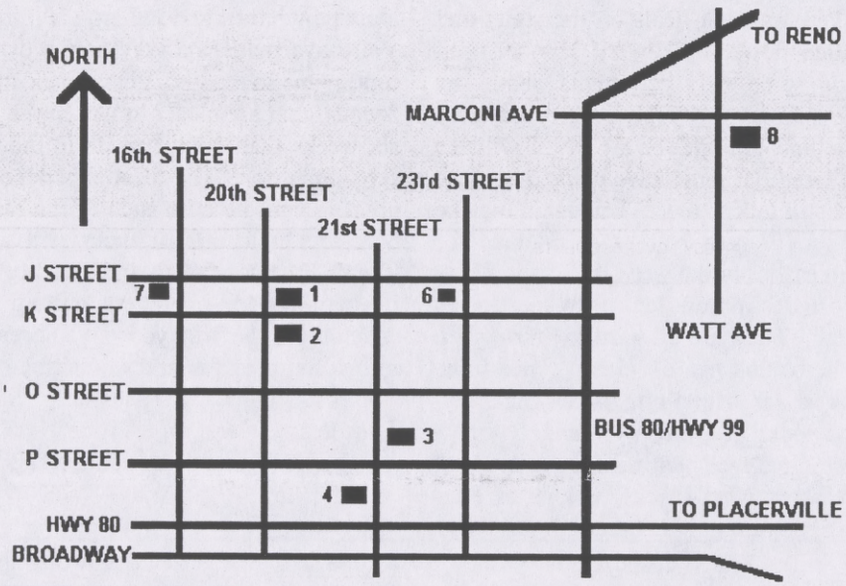
PLACES TO DANCE

"JOSEPH'S TOWN & COUNTRY"
3514 MARCONI AVE (8)
483-1220

"THE TOWNHOUSE"
1517 21st STREET (3)
441-5122

"FACES"
2000 "K" STREET (2)
448-7798

"THE WESTERN"
2001 "K" STREET (1)
443-9831



GENDER RELATED GROUPS & ACTIVITIES

Pacific Center for Human Growth
A counseling oriented growth center, sponsors all-inclusive gender support groups on every Friday except the last Friday of the month at 8:00 PM. 2712 Telegraph Avenue, Berkeley. Call (510) 841-6224

Rainbow Gender Association (RGA)
Meets the 1st and 3rd Friday of the month 8:00 PM at the New Community of Faith Church, 6350 Rainbow Drive, San Jose. Write RGA, PO Box 700730, San Jose, CA 95170. Call (408)984-4044

Diablo Valley Girls (DVG)
Meets 1st and 3rd Monday of every month 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write DVG, PO Box 272885, Concord, CA 94527-2885. Call (510) 937-8432

The Tenderloin Self-Help Centre
(a project of the Central City Community Hospital House funded by the Community Mental Health Services) Meets every Wednesday, 4-6 PM, at 191 Golden Gate, San Francisco: Call (415) 554-0518

F.T.M.
A support group for Female-to-Male crossdressers and transsexuals, holds both open Informational Meetings and closed Support Meetings. Write: FTM, 5337 College Avenue #142, Oakland, CA 94618. Call: (510) 827-2646

Educational TV Channel (ETVC)
The largest organization of this type in Northern CA providing a wide variety of support including: rap groups, a SO support group, print & video libraries, outreach, educational, and lots of social activities. Write:ETVC, PO Box 426486, San Francisco, CA 94142-6486. Call: (510) 549-2665 or Voice-Mail (415) 334-3439.

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Sacramento Gender Association

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BE SURE TO MENTION S.G.A. MEMBERSHIP

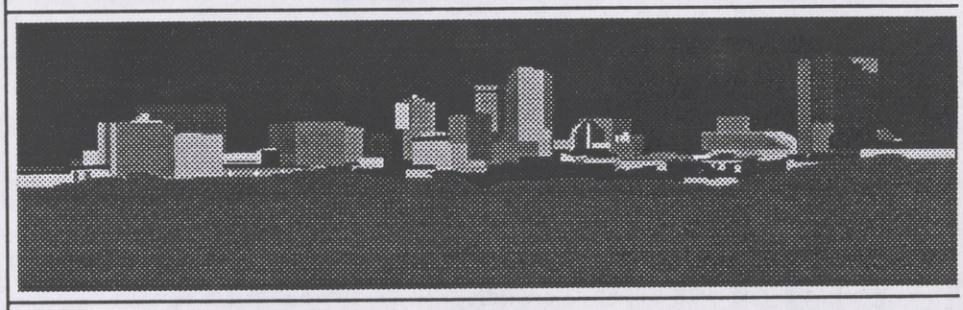
A CONFIDENTIAL MATTER

In the recent months the Board Members have received complaints from members about individuals discussing another members personal business to outsiders or casual acquaintances over drinks.

We must remind all members that one of the By-Laws of the SGA is *confidentiality of it's membership*. This confidentiality extends to a members sexual orientation, sexual preference, manner of dress, true name or idenity. These are issues that only a member may discuss themselves and only to persons they choose.

In a recently overheard incident one member engaged in a conversation with an obviously "straight" female was interrupted by the offending member who proudly announced that she was a CD/TS just like her. This member offended the individual involved in two ways; first by butting into a conversation where she had not been invited, and second by announcing the true sexual orientation of the offended member. Something she did not want to expose until she was ready to. This caused the "straight" female to cut short the conversation.

We realize that in our new found freedom we want the whole world to know of our happiness. Some of us are proud, some of us shout it to the world — but, we must not forget that not everyone shares our joy. And sometimes just want to blend in without the fanfare.



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SACRAMENTO, CA. 95821

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CODE OF ETHICS

The Board is currently working on a Code of Ethics proposal to be submitted to the membership. If you have any suggestions as to what you feel are necessary rules of ethics or conduct please forward your ideas to Ava.

HOSPITALIZED

One of our sisters that you may not have seen for awhile, Anyse, has been hospitalized for an extended stay. She is staying at the Morse Ave Kaiser Hospital.

Letters of goodwill and cheers would help her pass the time. Even just a phone call would be appreciated. You can contact her at 973-5698 EX 4030, and ask for Keith.

NUCLEUS FOR HEALTH

A little more on last month's subject of honey. For internal consumption utilizing its greatest potential as nature's power packed healer, unprocessed raw natural honey is best used. Locally grown honey for allergy relief can be found at your local health food stores. For external use processed honey is easiest to use. use "Bee Maid", for it comes in a small plastic squeeze bottle with a pull top. All of which makes it safe and easy to use in the shower. It sells for about $1.30 at Lucky's or Longs Drug Stores.

There are several products on the market which contain honey, egg and chamomile. "Face Lift" and "Nutri Vive" are a couple which proclaims to eliminate wrinkles. These can be used under make-up or as a night cream. I personally prefer "Nuri vive" which sells for $5.95 per 2 oz. jar in the Nutrition Warehouse Catalog.

Last month during an extremely tense period (home purchase mixed with some long distance traveling) I developed a painful leg cramp which stayed with me for two days. I had remembered reading that magnesium supplements would aid in eliminating leg cramps, so I increased my daily dose of one 100 mg. tablet to two tablets three times a day. By the third day the leg cramps were gone, but most amazingly a chronic lower back pain was also alleviated. This past month has been the busiest of the year with shows and the closing of escrow, but neither the leg cramps nor the back pain has returned. I have now reduced the dosage to just two tablets per day, and if I start to feel any pressure in either the back or leg I increase the dosage to twice a day for a few days.

NOTICE

THE S.G.A. AND IT'S BOARD MEMBERS NEITHER ENDORSE OR REJECT THE OPINIONS OF THE AUTHOR OF THE PRECEDING ARTICLE "NECLEUS FOR HEALTH" AND SUGGEST THAT ANY SELF ADMINISTERED DRUGS OR HERBS BE CHECKED WITH A PHYSICIAN FOR POSSIBLE SIDE EFFECTS OR ADVERSE REACTIONS TO ANY MEDICATION.

The best form of magnesium to take is "Magnesium Potassium Aspartate". It sells for $4.17 per 100 tablets. This may be the best four dollars you ever spend.

You have probably heard of recent studies which claim that there is a " 47% reduction in the incidence of heart attacks among persons taking aspirin". Well after further study the British have found that it was aspirin plus magnesium in the form of Bufferin that actually helped to prevent heart attacks. In fact its the magnesium not the aspirin which is a natural way to help protect yourself. I'll have more natural ways to help your heart next month. Till then, have fun!

Tina Louise

(Continued from page 3)

asked could we gather on the stairs for a group shot. Okay, so we gathered and got all arranged with cameras poised. Then, but not before then to tip our hand, I began to unfurl the large banner that read TRANSGENDERED AND PROUD -- AND WE VOTE! Needless to say, great pictures which you can get through IFGE.

We then moved over to the press conference that Riki had skillfully negotiated and created. I was pleased that 90% of those tg's there stood for the press conference. Riki then me then Jamison Green then Dawn Wilson then Nancy Nangeroni talked to the general press conference. Mostly we pointed out to them that we fit no one's stereotype and that we were worthy of our time at the Capitol meeting with our Representatives and Senators. We reiterated our needs as were in our packets. The Capitol Police finally had enough and made us move, but no one was hassled or arrested. Everyone then went about the business of completing their group or individual assignments.

Some left to go home on Tuesday afternoon. Others stayed until 4:30 PM to finish their Tuesday assignments. Some did a little sightseeing. Many stayed over Tuesday night to leave on Wednesday morning. Only 15 packets remained undone, but these were all in a major lgbt friendly city and the person orgainizing that state promised that he would visit each personally in the home district.

What did we accomplish?

1 We put twice to three times as many tg people on the HILL as was predicted. Over 100 from 35 states!
2 We destroyed the stereotypes in a very big way.
3 We met face to face with M.C.'s and staffers and soberly asked for our rights. 520 of the 535 offices were visited!
4 We trained over 80 (some already knew) on the how to of this type of work.
5 We handled the press without incident.
6 We destroyed the fears of arrest and police harrassment.
7 Not one single bathroom incident has been reported.
8 Folks went in, did their business and went right back out.
9 We demonstrated to HRCF and NGLTF that we are indeed a force to be respected. I think we may have put more on the HILL than HRCF did last February.
10 We demonstrated to them that we knew what we were doing and we could do it. HRCF praised the organization.
11 We distributed by hand good tg literature that spoke to our needs. HRCF praised the scorecards and the packets.
12 We now know who our friends are and can deliver floor votes in the future. Much will be done with future contacts by tg constituents.
13 We worked in a non-partisan fashion.
14 We organized many new chapters

(Continued on page 8)

CROSS SECTION

by Lisa

Halloween was celebrated with a fine party at Joseph's on the night of October 26. People in female form were clearly in the majority, and most of them were connected to the SGA. There were many costumes, such as a French Maid, 20's Flapper Girl, Pocahontas (very nice!), cave girl, ballerina, bikers, and several vampires. A lot of our members used the occasion to dress in much more provocative manner than usual - whew, we have some hot chicks in our group! Two images that will remain etched in my memory are those of Linda Lee and Wittnie (of the Sissy Chapter). Both appeared in gorgeous ruffled and lacy baby girl outfits while helping run the party (Linda Lee was a cocktail waitress and Wittnie (wo)manned the entrance ticket table). SGA member Stella took costume honors as "Best Female" (!). She wore a beautiful red evening gown with hair and make-up that made us think it was Marilyn reincarnated. With generous buffet food and the usual good spirits (bad pun intended), the party was a whole-hearted success. If only Halloween could be a monthly event.....

++++++++++++++++++++++

T-day is coming! Not that "T", I'm talking about turkey day! On that long weekend, we will have our second monthly meeting. Any suggestions for a Thanksgiving Party? Perhaps this would be a nice event to bring your SO's (significant others) and have a warm gathering among friends. Joseph usually has had something cooking for this holiday at his past venues, so don't be surprised if an announcement for another fun event comes in your mail. Meanwhile, start dieting now, so that you'll be able to fit into your party outfits for Christmas and New Year's!

NO ONE SAID THEY WOULD THROW ME A PARTY SO I'LL DO IT MYSELF

Join Us At a

Birthday Party

For **Wes** and **Lisa**

MONDAY NIGHT
NOVEMBER 27, 1995 AT 7:00 PM

Special Dinner **$2.00** EACH SERVING

BIRTHDAY CAKE FOR ALL

FIRST COME FIRST SERVED
GOOD ONLY FOR THE FIRST 100 DINNERS SERVED

J.T.C. PRIME RIB
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ENTERTAINMENT BY

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Plus ..... FEMALE IMPERSONATOR FLOOR SHOW

FREE PRIZE DRAWINGS

SINGERS DRAWING FOR $ 20.00 BAR TAB FOUR (4) AWARDED

DRINK TICKET DRAWINGS

Wes and Lisa have extended a special invitation to SGA members. There will be no charge for dinner (normally $2.00) for current SGA members presenting a valid and current SGA membership card. Lisa would appreciate it if SGA members attended this function as she dosen't want to be the only "girl" there. Join us for a night of entertainment, karaoke, prizes and awards.

SOCIAL SATURDAY NIGHT
NOVEMBER 11, 1995
NOVEMBER 25, 1995

OPTIONAL
DINNER MEETING

TEA CUP CAFE
1614 21st Street

7:00 - 9:00
THE TEA CUP CLOSES AT 9:00

SOCIAL
8:30

JOSEPH'S
town & country
BAR AND RESTAURANT

PLEASE CHECK AT DINNER MEETING WHERE THE MAJORITY OF MEMBERS ARE CONTINUING THE EVENING

ADDITIONAL OPTIONS
FACES - THE WESTERN - TOWNHOUSE
(SEE MAP ON PAGE 4)

November 1995

SUN	MON	TUE	WED	THR	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	Dinner 7:00 TEA CUP CAFE 11 SOCIAL 8:30 Joseph's
12	13	14	15	16	17	18
19	20	21	22 THANKSGIVING DAY JOSEPHS SPECIAL BUFFET DINNER	(23)	24	Dinner 7:00 TEA CUP CAFE 25 SOCIAL 8:30 Joseph's
26	(27) WES PARTY	28	29	30 PARTY TIME		

(Continued from page 6)

of It's Time _____ (America).

15 We alerted many about the federal prison problem. Many M.C.'s or staffers were shocked and will send letters.

I know that tg's will begin to visit their M.C.'s at their home offices in the future and will begin with a new spirit to meet their state reps and local elected officials.

Phyllis Randolph Frye
Executive Director, aka the phyllabuster

Editor Note: **Shelby Beach,** SGA Board Member, attended this event. Shelby is willing to discuss additional information, comments and details of of this event.

NON-MEMBER PARTICIPATION

The Board and members of the SGA welcome, first time, prospective new members at any dinner meeting. You will be invited to join the Association on your second visit. Continued attendance after these meetings will be discouraged.

Non-Members are normally welcome to any public function of the Association, though at times participation in the activity will be limited.

Members of any sister organization (ETVC, DVG, RGA, etc) are welcome at any time and as often as they wish.

Coming Soon
California Dreamin' 96

APRIL 25 thru APRIL 28, 1995

GOLDEN GATE
HOLIDAY INN
1500 Van Ness Avenue
San Francisco, California

DISCOUNT RATES
AVAILABLE FOR
EARLY REGISTRATION